

Surgery Center of Pinehurst

Home Instructions following Eye Muscle (Strabismus) Surgery

This surgery will often be performed on both eyes. If you wore prism glasses prior to surgery, you will need to wear glasses without prism following surgery.

NAUSEA

- Nausea is quite common after eye muscle surgery and may last 24-48 hours. Medicine will be given during surgery to combat nausea (ondansetron), but advancing the diet slowly after surgery is important (see below).

DIET RESTRICTIONS

- Go easy on food the day of the surgery.
- Start with sips of clear liquids, carbonated beverages, popsicles, or ice chips.
- Later in the evening you may have soft foods such as ice cream, pudding, Jell-O, or soup. Eat like you would if you had a virus or an upset stomach.
- Appetite usually returns to normal by the second day and you may resume your regular diet.

PAIN/DISCOMFORT

- Light sensitivity for 1-2 days after surgery is common.
- Eyes will feel scratchy for several days. The use of artificial tears is often helpful.
- May have discomfort when rotating the eyes for approximately one week.
- Most stitches are buried and will dissolve on their own.
- Swelling of the conjunctiva [the membrane that covers the sclera (white part of the eye)] and dry spots on the cornea may occasionally cause a scratchy sensation for 3-5 days following surgery.
- Some patients may need Tylenol (acetaminophen) or Motrin (ibuprofen) or other NSAID (non-steroidal anti-inflammatory drug) like Aleve for pain; follow the dosage instructions on the bottle: occasionally something stronger is prescribed, but only in special cases.
- If the eyes feel dry or scratchy, it is OK to use over the counter drops (such as artificial tears that are preservative free) to lubricate the eyes, or a cool compress.

APPEARANCE OF THE EYES

- Redness of the eyes for 10-14 days is normal
- 90% of redness clears within two weeks. The red will turn yellow before fading.
- Some pink color remains and gradually fades over several months.
- Children heal faster than adults.
- May have bloody discharge/matting of lashes lasting approximately two days after surgery which causes the eyes to stick together in the morning or after removal of any patches. If this occurs, wipe eyes with a damp cloth.

ACTIVITIES

- You'll be tired the day of surgery and will probably want to rest/sleep that day.
- You'll feel much better the second day after surgery.
- You may resume normal activity if desired, usually after the second day: OK to return to school or work 1-2 days after surgery
- **Adults should not return to work until any double vision following surgery has resolved**
- Normal activity will not damage the eyes.
- Each person is different regarding recovery time. Some adults may want to take 1-2 weeks off following the surgery, while others are ready to return to their regular schedule a few days after surgery.
- Driving is OK when you feel that it is safe to do so, **and no double vision is present**
- It's OK to fly anytime after surgery.

RESTRICTIONS

- No contact sports, eye make-up, or playing outside in sandboxes or dusty places for 2-7 days after surgery.
- No swimming in lakes for 2 weeks.
- No swimming in a pool for 7 days: can sit in pool to cool off, but no pool water in eyes.
- No contact lens use for 2 weeks.

Call our office (910-692-2020) or Moore Regional Hospital (910-721-1000) to have Dr. Bartiss paged if excessive pain, bleeding, discharge, or vision loss occurs.

Dr. Bartiss